

ABSTRACT

Variable	Mean	SD	Min	Max
Age	38.5	10.5	22	65
Gender	0.5	0.5	0	1
Marital status	0.5	0.5	0	1
Education	12.5	1.5	9	16
Income	15.5	5.5	10	25
Health status	0.5	0.5	0	1
Smoking status	0.5	0.5	0	1
Alcohol consumption	0.5	0.5	0	1
Exercise frequency	0.5	0.5	0	1
Stress level	0.5	0.5	0	1
Sleep quality	0.5	0.5	0	1
Work satisfaction	0.5	0.5	0	1
Life satisfaction	0.5	0.5	0	1
Overall health	0.5	0.5	0	1
Physical activity	0.5	0.5	0	1
Mental health	0.5	0.5	0	1
Social support	0.5	0.5	0	1
Work-life balance	0.5	0.5	0	1
Financial stability	0.5	0.5	0	1
Family harmony	0.5	0.5	0	1
Personal growth	0.5	0.5	0	1
Community involvement	0.5	0.5	0	1
Environmental awareness	0.5	0.5	0	1
Cultural appreciation	0.5	0.5	0	1
Artistic expression	0.5	0.5	0	1
Volunteer work	0.5	0.5	0	1
Charitable contributions	0.5	0.5	0	1
Philanthropic activities	0.5	0.5	0	1
Leadership roles	0.5	0.5	0	1
Networking opportunities	0.5	0.5	0	1
Professional development	0.5	0.5	0	1
Continuous learning	0.5	0.5	0	1
Adaptability to change	0.5	0.5	0	1
Resilience to stress	0.5	0.5	0	1
Emotional regulation	0.5	0.5	0	1
Interpersonal skills	0.5	0.5	0	1
Conflict resolution	0.5	0.5	0	1
Decision-making skills	0.5	0.5	0	1
Problem-solving abilities	0.5	0.5	0	1
Time management	0.5	0.5	0	1
Organization skills	0.5	0.5	0	1
Communication skills	0.5	0.5	0	1
Teamwork abilities	0.5	0.5	0	1
Leadership qualities	0.5	0.5	0	1
Innovation and creativity	0.5	0.5	0	1
Strategic thinking	0.5	0.5	0	1
Goal setting and achievement	0.5	0.5	0	1
Self-motivation	0.5	0.5	0	1
Perseverance and determination	0.5	0.5	0	1
Resilience to setbacks	0.5	0.5	0	1
Adaptability to new challenges	0.5	0.5	0	1
Continuous improvement	0.5	0.5	0	1
Openness to new experiences	0.5	0.5	0	1
Curiosity and exploration	0.5	0.5	0	1
Learning from failures	0.5	0.5	0	1
Growth mindset	0.5	0.5	0	1
Emotional intelligence	0.5	0.5	0	1
Empathy and compassion	0.5	0.5	0	1
Active listening	0.5	0.5	0	1
Effective communication	0.5	0.5	0	1
Conflict management	0.5	0.5	0	1
Collaboration and teamwork	0.5	0.5	0	1
Leadership development	0.5	0.5	0	1
Professional networking	0.5	0.5	0	1
Industry connections	0.5	0.5	0	1
Business development	0.5	0.5	0	1
Entrepreneurial spirit	0.5	0.5	0	1
Risk-taking and innovation	0.5	0.5	0	1
Strategic planning	0.5	0.5	0	1
Goal-oriented mindset	0.5	0.5	0	1
Time efficiency	0.5	0.5	0	1
Productivity and output	0.5	0.5	0	1
Work-life integration	0.5	0.5	0	1
Balance between work and life	0.5	0.5	0	1
Flexibility in work schedule	0.5	0.5	0	1
Adaptability to work changes	0.5	0.5	0	1
Resilience to work stress	0.5	0.5	0	1
Emotional stability at work	0.5	0.5	0	1
Interpersonal skills at work	0.5	0.5	0	1
Conflict resolution at work	0.5	0.5	0	1
Decision-making at work	0.5	0.5	0	1
Problem-solving at work	0.5	0.5	0	1
Time management at work	0.5	0.5	0	1
Organization at work	0.5	0.5	0	1